SELF-CARE CHECKLIST

SELF-CARE IS A PERSONAL JOURNEY, AND IT'S IMPORTANT TO TAILOR THESE SUGGESTIONS TO YOUR UNIQUE PREFERENCES AND NEEDS. REGULARLY REVISIT AND ADJUST YOUR SELF-CARE ROUTINE AS YOUR PRIORITIES AND CIRCUMSTANCES EVOLVE.

Physical Wellbeing:
- [ ] Get adequate sleep (aim for 7-9 hours per night).
- [ ] Eat nourishing and balanced meals.
- [ ] Stay hydrated by drinking enough water throughout the day.
- [ ] Engage in regular physical activity (e.g., walking, jogging, yoga).

Emotional Wellbeing:
- [ ] Practice mindfulness or meditation for at least 5-10 minutes.
- [ ] Identify and express your emotions through journaling.
- [ ] Reach out to a friend or loved one for emotional support.
- [ ] Allow yourself to feel and process emotions without judgment.

Mental Wellbeing:
- [ ] Set realistic goals for the day or week.
- [ ] Take breaks to refresh your mind during work or study sessions.
- [ ] Challenge negative thoughts and replace them with positive affirmations.
- [ ] Engage in activities to stimulate your mind (reading, learning something new).

Social Connections:
- [ ] Schedule time for socialising with friends or family.
- [ ] Join a club or group with shared interests.
- [ ] Practice active listening in conversations.
- [ ] Cultivate positive relationships and distance yourself from toxic ones.

Relaxation and Stress Management:
- [ ] Incorporate relaxation techniques such as deep breathing
- [ ] Schedule downtime for hobbies or activities you enjoy.
- [ ] Create a calming environment at home with soothing music or scents.
- [ ] Learn to say "no" when necessary to avoid overcommitting.

Self-Reflection:
- [ ] Set aside time for self-reflection and self-discovery.
- [ ] Assess your personal and professional growth.
- [ ] Consider your values and whether your current activities align with them.
- [ ] Celebrate your achievements, no matter how small.

Digital Detox:
- [ ] Designate specific times for unplugging from electronic devices.
- [ ] Limit social media use and focus on in-person connections.
- [ ] Create a technology-free zone in your home.
- [ ] Prioritise face-to-face interactions over virtual ones.

Sleep Hygiene:
- [ ] Establish a consistent bedtime routine.
- [ ] Create a comfortable and dark sleep environment.
- [ ] Avoid screens at least an hour before bedtime.
- [ ] Practice relaxation techniques to promote better sleep.